

# wellness activity planner 2009

*Provided by the American Institute for Preventive Medicine*



*The American Institute for Preventive Medicine has developed this calendar/planner to help you plan your 2009 wellness events. Many health promotion and benefits professionals like to hold wellness activities based on national health observances. This can increase employee/member interest and participation.*

*National health observances are listed each month along with previews of future events to help you plan.*

*Please feel free to forward the American Institute for Preventive Medicine Wellness Activity Planner to anyone who may find it beneficial.*



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# january 2009



A new year! A new start to a healthy life!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <i>New Year's Day</i>	2	3
4	5	6	7	8	9	10
<i>National Folic Acid Awareness Week • National Folic Acid Awareness Week</i>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
<i>Healthy Weight Week • Healthy Weight Week • Healthy Weight Week • Healthy Weight Week National Certified Registered Nurses Week • National Certified Registered Nurses Week</i>						
25	26	27	28	29	30	31

**This Month's Events**

- Cervical Health Awareness Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- National Blood Donor Month

**Events Next Month (February)**

- AMD/Low Vision Awareness Month
- Heart Health Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Wise Health Consumer Month

**Events in 2 Months (March)**

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Cancer Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health and Safety Month



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# february 2009

Walking doesn't make just your feet happy!  
It is good for your whole body!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>National Wear Red Day</i>	2	3	4	5	6 <i>National Girls &amp; Women in Sports Day</i>	7
8	9	10	11	12	13	14
<i>National Child Passenger Safety Awareness Week • National Child Passenger Safety Awareness Week National Cardiac Rehabilitation Week • National Cardiac Rehabilitation Week Random Acts of Kindness Week • Random Acts of Kindness Week</i>						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
<i>National Eating Disorders Awareness Week • National Eating Disorders Awareness Week</i>						

### This Month's Events

- AMD/Low Vision Awareness Month
- Heart Health Month
- National Cancer Prevention Month
- National Children's Dental Health Month
- Wise Health Consumer Month

### Events Next Month (March)

- American Red Cross Month
- Brain Injury Awareness Month
- National Colorectal Cancer Awareness Month
- National Developmental Disabilities Awareness Month
- National Kidney Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health and Safety Month

### Events in 2 Months (April)

- National Alcohol Awareness Month
- National Cancer Control Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month
- Women's Eye Health & Safety Month



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# march2009

## It's all about portion control!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<i>National Collegiate Health &amp; Wellness Week</i> <i>National School Breakfast Week • National School Breakfast Week</i> <i>National Problem Gambling Awareness Week • National Problem Gambling Awareness Week</i> <i>National Sleep Awareness Week • National Sleep Awareness Week • National Sleep Awareness Week</i>						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
<i>National Pulmonary Rehabilitation Week • National Pulmonary Rehabilitation Week</i>						
22	23	24	25	26	27	28
			<i>American Diabetes Alert Day</i>			
29	30	31				
		<i>Kick Butts Day</i>				

### This Month's Events

- American Red Cross Month
- Brain Injury Awareness Month
- Colorectal Cancer Awareness Month
- National Kidney Month
- Developmental Disabilities Awareness Month
- National Nutrition Month
- National Poison Prevention Month
- Save Your Vision Month
- Workplace Eye Health and Safety Month

### Events Next Month (April)

- National Alcohol Awareness Month
- National Cancer Control Month
- National Humor Month
- National Minority Health & Health Disparities Month
- National STDs/Family Planning Awareness Month
- National Youth Sports Safety Month
- Sexual Assault Awareness Month
- Women's Eye Health & Safety Month

### Events in 2 Months (May)

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Hepatitis Awareness Month
- Healthy Vision Month/UV Safety Month
- National Arthritis Month
- National High Blood Pressure Education Month
- Melanoma/Skin Cancer Detection & Prevention Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Teen Pregnancy Prevention Month
- National Stroke Awareness Month

# april 2009



An apple a day isn't enough!®

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>National Day of Hope</i>	2	3	4 <i>National Alcohol Screening Day</i>
5	6	7 <i>World Health Day</i>	8	9	10	11
<i>National Public Health Week • National Public Health Week • National Public Health Week</i>						
12	13	14 <i>International Moment of Laughter Day</i>	15	16	17	18
<i>National Library Week • National Library Week • National Library Week</i>						
19	20	21	22 <i>Earth Day</i>	23	24	25
<i>Medical Fitness Week • Medical Fitness Week • Medical Fitness Week</i> <i>National Minority Cancer Awareness Week • National Minority Cancer Awareness Week</i> <i>National TV-Turnoff Week • National TV-Turnoff Week • National TV-Turnoff Week</i> <i>National Volunteer Week • National Volunteer Week • National Volunteer Week</i>						
26	27	28	29	30		
<i>National Infant Immunization Week • National Infant Immunization Week</i> <i>National SAFE KIDS Week • National SAFE KIDS Week • National SAFE KIDS Week</i>						

- This Month's Events**
- National Alcohol Awareness Month
  - National Cancer Control Month
  - National Humor Month
  - Minority Health & Health Disparities Month
  - National STDs/Family Planning Awareness Month
  - National Youth Sports Safety Month
  - Sexual Assault Awareness Month
  - Women's Eye Health & Safety Month

- Events Next Month (May)**
- Asthma & Allergy Awareness Month
  - Better Sleep Month
  - Hepatitis Awareness Month
  - Healthy Vision Month/UV Safety Month
  - National Arthritis Month
  - National High Blood Pressure Education Month
  - Melanoma/Skin Cancer Detection & Prevention Month
  - National Mental Health Month
  - National Osteoporosis Awareness & Prevention Month
  - National Physical Fitness & Sports Month
  - National Teen Pregnancy Prevention Month
  - National Stroke Awareness Month

- Events in 2 Months (June)**
- Fireworks Safety Months (June/July)
  - Home Safety Month
  - National Safety Month
  - National Scleroderma Awareness Month



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# may 2009

Reduce outdoor air pollution  
so you can breathe cleaner air.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			<i>National Physical Education &amp; Sports Week (May 1-7)</i>			
3	4	5	6 <i>Project ACES Day</i>	7	8	9
<i>North American Occupational Safety &amp; Health Week • North American Occupational Safety &amp; Health Week International Building Safety Week • International Building Safety Week</i>						
10	11	12	13	14	15	16
<i>Women's Health Week • Women's Health Week • Women's Health Week • Women's Health Week</i>						
17	18	19	20 <i>Employee Health &amp; Fitness Day</i>	21	22	23
<i>Buckle Up America! Week • Buckle Up America! Week (May 18-June 1) National Emergency Medical Services Week • National Emergency Medical Services Week</i>						
24 31 <i>World No Tobacco Day</i>	25	26	27 <i>Senior Health &amp; Fitness Day</i>	28	29	30

### This Month's Events

- Asthma & Allergy Awareness Month
- Better Sleep Month
- Hepatitis Awareness Month
- Healthy Vision Month/UV Safety Month
- National Arthritis Month
- National High Blood Pressure Education Month
- Melanoma/Skin Cancer Detection & Prevention Month
- National Mental Health Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- National Teen Pregnancy Prevention Month
- National Stroke Awareness Month

### Events Next Month (June)

- Fireworks Safety Months (June/July)
- Home Safety Month
- National Safety Month
- National Scleroderma Awareness Month

### Events in 2 Months (July)

- Fireworks Safety Months (June/July)
- Eye Injury Prevention Month
- UV Safety Month



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# june2009



Focus on safe water and saving water and energy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Stand for Children Day</i>  <i>National Cancer Survivors Day</i>	2  <i>National Headache Awareness Week</i>	3  <i>National Headache Awareness Week</i>	4	5 <i>World Environment Day</i>	6 <i>National Trails Day</i>
7	8	9	10	11	12	13
14 <i>World Blood Donor Day</i>	15  <i>National Men's Health Week</i>	16  <i>National Men's Health Week</i>	17  <i>National Men's Health Week</i>	18	19	20
21	22	23	24	25	26	27 <i>National HIV Testing Day</i>
28	29	30				

**This Month's Events**  
 Fireworks Safety Months (June/July)  
 Home Safety Month  
 National Safety Month  
 National Scleroderma Awareness Month

**Events Next Month (July)**  
 Fireworks Safety Months (June/July)  
 Eye Injury Prevention Month  
 UV Safety Month

**Events in 2 Months (August)**  
 Cataract Awareness Month  
 Medic Alert Awareness Month  
 National Immunization Awareness Month



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# july 2009

## Reduce indoor air pollution for a healthier home.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
<i>National Therapeutic Recreation Week • National Therapeutic Recreation Week</i>						
19	20	21	22	23	24	25
<i>International Massage Week • International Massage Week • International Massage Week</i>						
26	27	28	29	30	31	

### This Month's Events

Fireworks Safety Months (June/July)  
Eye Injury Prevention Month  
UV Safety Month

### Events Next Month (August)

Cataract Awareness Month  
Medic Alert Awareness Month  
National Immunization Awareness Month

### Events in 2 Months (September)

Baby Safety Awareness Month  
Children's Eye Health & Safety Month  
Fruit & Vegetable Month  
Healthy Aging™ Month  
Leukemia & Lymphoma Society Month  
National Alcohol & Drug Addiction Recovery Month  
National Cholesterol Education Awareness Month  
National Food Safety Education Month  
National Menopause Awareness Month  
National Preparedness Month  
National Sickle Cell Awareness Month  
Prostate Health Month  
Sports & Home Eye Safety Month  
Thyroid Cancer Awareness Month



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# august2009

See the light in healthy ways.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
<i>August 1-7 - World Breastfeeding Week • World Breastfeeding Week</i>						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

**This Month's Events**  
 Cataract Awareness Month  
 Medic Alert Awareness Month  
 National Immunization Awareness Month

**Events Next Month (September)**

Baby Safety Awareness Month  
 Children's Eye Health & Safety Month  
 Fruit & Vegetable Month  
 Healthy Aging™ Month  
 Leukemia & Lymphoma Society Month  
 National Alcohol & Drug Addiction Recovery Month  
 National Cholesterol Education Awareness Month  
 National Food Safety Education Month  
 National Menopause Awareness Month  
 National Preparedness Month  
 National Sickle Cell Awareness Month  
 Prostate Health Month  
 Sports & Home Eye Safety Month  
 Thyroid Cancer Awareness Month

**Events in 2 Months (October)**

American Heart Walk  
 Children's Health Month  
 Domestic Violence Awareness Month  
 Healthy Babies Month  
 Healthy Lung Month  
 Lupus Awareness Month  
 National Breast Cancer Awareness Month  
 National Dental Hygiene Month  
 National Depression Screening Month  
 National Liver Awareness Month  
 National Spinal Health Month  
 Talk About Prescriptions Month



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# september 2009



Be healthy at each cycle of life. Recycle along the way.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<i>National Childhood Injury Prevention Week</i>				
6	7	8	9	10	11	12
<i>Suicide Prevention Week • Suicide Prevention Week • Suicide Prevention Week</i>						
13	14	15	16	17	18	19
<i>Prostate Cancer Awareness Week • Prostate Cancer Awareness Week</i>						
20	21	22	23	24	25	26
<i>Active Aging Week • Active Aging Week • Active Aging Week • Active Aging Week</i> <i>National Adult Immunization Awareness Week • National Adult Immunization Awareness Week</i> <i>National Farm Safety and Health Week • National Farm Safety and Health Week</i> <i>National Rehabilitation Week • National Rehabilitation Week</i>						
27	28	29	30			

### This Month's Events

- Baby Safety Awareness Month
- Fruit & Vegetable Month
- Healthy Aging™ Month
- Children's Eye Health & Safety Month
- Leukemia & Lymphoma Society Month
- National Cholesterol Education Awareness Month
- National Food Safety Education Month
- National Alcohol & Drug Addiction Recovery Month
- National Menopause Awareness Month
- National Preparedness Month
- National Sickle Cell Awareness Month
- Thyroid Cancer Awareness Month
- Prostate Health Month | Sports & Home Eye Safety Month

### Events Next Month (October)

- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Healthy Babies Month
- Healthy Lung Month
- Lupus Awareness Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression Screening Month
- National Liver Awareness Month
- National Spinal Health Month
- Talk About Prescriptions Month

### Events in 2 Months (November)

- American Diabetes Month
- National Diabetic Eye Disease Month
- Great American Smokeout Month
- National Child Mental Health Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month



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# october 2009

Taking care of your health is within your reach.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>National Depression Screening Day</i>	3
4	5	6	7	8	9	10
<i>National Mental Illness Awareness Week • National Mental Illness Awareness Week National Fire Prevention Week • National Fire Prevention Week</i>						
11	12	13	14	15	16	17 <i>National Mammography Day</i>
18	19	20 <i>World Osteoporosis Day</i>	21	22	23	24
<i>National Respiratory Care Week • National Respiratory Care Week National Massage Therapy Week • National Massage Therapy Week (Oct. 21-27)</i>						
25	26	27	28 <i>Lung Health Day</i>	29	30	31

### This Month's Events

- American Heart Walk
- Children's Health Month
- Domestic Violence Awareness Month
- Healthy Babies Month
- Healthy Lung Month
- Lupus Awareness Month
- National Breast Cancer Awareness Month
- National Dental Hygiene Month
- National Depression Screening Month
- National Liver Awareness Month
- National Spinal Health Month
- Talk About Prescriptions Month

### Events Next Month (November)

- American Diabetes Month
- National Diabetic Eye Disease Month
- Great American Smokeout Month
- National Child Mental Health Month
- National Alzheimer's Disease Awareness Month
- National Healthy Skin Month

### Events in 2 Months (December)

- Tie One On For Safety Campaign
- Aids Awareness Month
- National Drunk & Drugged Driving Prevention Month
- Safe Toys and Gifts Month



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# november 2009

Reduce environmental risk factors  
for chronic diseases.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 <i>World Diabetes Day</i>
<i>World Kindness Week • World Kindness Week • World Kindness Week</i>						
15	16	17	18	19 <i>Great American Smokeout</i>	20	21
<i>American Education Week • American Education Week • American Education Week</i>						
22	23	24	25	26	27	28
<i>National Family Week • National Family Week • National Family Week</i>						
29	30					

**This Month's Events**  
 American Diabetes Month  
 National Diabetic Eye Disease Month  
 Great American Smokeout Month  
 National Child Mental Health Month  
 National Alzheimer's Disease Awareness Month  
 National Healthy Skin Month

**Events Next Month (December)**  
 Tie One On For Safety Campaign  
 Aids Awareness Month  
 National Drunk & Drugged Driving Prevention Month  
 Safe Toys and Gifts Month

**Events in 2 Months (January)**  
 Cervical Health Awareness Month  
 National Birth Defects Prevention Month  
 National Glaucoma Awareness Month  
 National Blood Donor Month



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# december 2009

Choose earth-friendly ways for holiday fun and safety.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>World AIDS Day</i>	2	3	4	5 <i>International Volunteer Day</i>
		<i>National Aplastic Anemia Awareness Week (Dec. 1-7)</i> <i>National Hand Washing Awareness Week (Dec. 3-9)</i>				
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### **This Month's Events**

Tie One On For Safety Campaign  
Aids Awareness Month  
National Drunk & Drugged Driving Prevention Month  
Safe Toys and Gifts Month

### **Events Next Month (January)**

Cervical Health Awareness Month  
National Birth Defects Prevention Month  
National Glaucoma Awareness Month  
National Blood Donor Month

### **Events in 2 Months (February)**

AMD/Low Vision Awareness Month  
Heart Health Month  
National Cancer Prevention Month  
National Children's Dental Health Month  
Wise Health Consumer Month



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